



## Mono County Community Message

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As we face another week of COVID-19 response, we want to take a moment to say thank you. We've asked a lot of you over the past two weeks, and we're overwhelmed by the support and cooperation that we've received in return. From those working on the front lines of the response, to those doing their part by staying at home, we appreciate the patience and the sacrifices that are being made. What you are doing gives us the best shot at fighting this worldwide pandemic that is now here in our beautiful mountain community.

Our friends and family members have fallen ill, and the number of positive test results continues to grow. Now, more than ever, we must be vigilant about following guidance and directives in order to flatten the curve, to decrease the strain on our local health care system, and to save lives.

The guidance and directives are drastic, because the consequences can be ***fatal***. The good news is that contributing to the well-being of our community is something we can all do. This week, our request is simplified into three basic actions: stay home, stay back, and stay clean.

**Stay Home.** The best chance we have for slowing the spread of this virus is through limiting contact with one another. Those of us not working in essential services must stay home. Staying home means exactly that—staying IN YOUR HOME, and only physically associating with those in your residence. Going out for fresh air and exercise is fine, but please avoid high-risk activities that could further task our first responders.

**Stay Back.** When you do venture out in public for essential business, maintain at least six feet of space between yourself and others at all times. Conduct your essential business and return home. Limit all physical interaction with those outside of your home. Period.

**Stay Clean.** Wash your hands frequently (especially after going out) and cover coughs and sneezes.

That sounds easy, but we realize how hard this is. Living through a pandemic is stressful, and help is available. There are a number of resources, including food, mental health and social services, open to all who need them. To learn more about COVID-19 in Mono County and access these resources in English and Spanish, please visit [monohealth.com/coronavirus](https://monohealth.com/coronavirus), or call 2-1-1. In addition, there is now a weekly virtual community meeting every Thursday at 5:30 p.m. This forum allows residents to ask questions, express concerns, and learn about what the response team is doing to fight the virus and take care of people in Mammoth Lakes and Mono County. Please see the website for instructions on how to watch online, or listen via phone.

These are unprecedented times, and they call for unprecedented measures. These sacrifices are inconvenient, often challenging, and occasionally frustrating. Let's meet this moment with compassion and understanding, and get through this together by staying apart.

Thank you all for your concern and for your efforts to protect our community.